

## Facts about stroke

Stroke is the third leading cause of death in the United States and the leading cause of adult disability.

A stroke occurs when something happens to interrupt the steady flow of blood to the brain, like a clot or a burst in a blood vessel. Brain cells quickly begin to die.

## You Can Beat a Stroke

Disabilities can be prevented or limited, but the patient must go to the emergency room immediately.

### Tip: Go in an ambulance!



**Save time. Be seen faster.**

## Risk Factors for Stroke

**Mini-strokes.** When stroke symptoms such as confusion, slurred speech or loss of balance appear and disappear, call 9-1-1. You may be able to prevent a major stroke.

**High blood pressure.** The #1 cause of stroke. Monitor blood pressure and always take prescribed medication.

**Obesity.** Being just 20 pounds overweight significantly increases your risk of stroke and heart disease.

**Diabetes.** Control the symptoms of diabetes with proper diet, exercise and medication.

**Smoking.** Smoking increases risk of stroke by two to three times.

### Another way to remember stroke symptoms

- Sudden weakness on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing
- Sudden trouble walking or loss of balance
- Sudden severe headache

**Call 9-1-1 at any sign of stroke.**

**Be a stroke hero.**

*Produced by Heart Disease and Stroke Prevention and Control Program; Massachusetts Department of Public Health. Made possible with funding from the U.S. Centers for Disease Control and Prevention. For more information or to order more of these brochures, call 1-800-487-1119 or email [heart.stroke@state.ma.us](mailto:heart.stroke@state.ma.us).*



## Learn the signs of stroke.

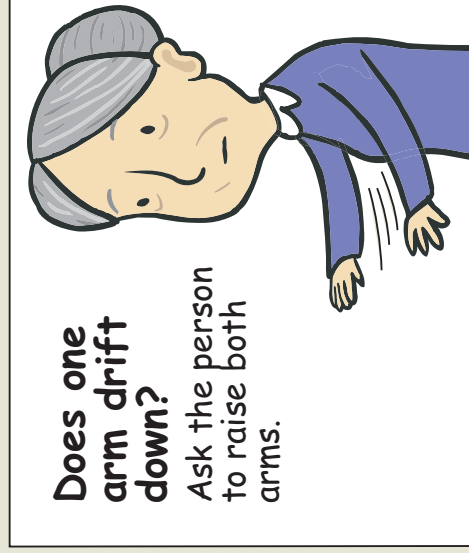
**You could save a life or help prevent a disability.**



# Face



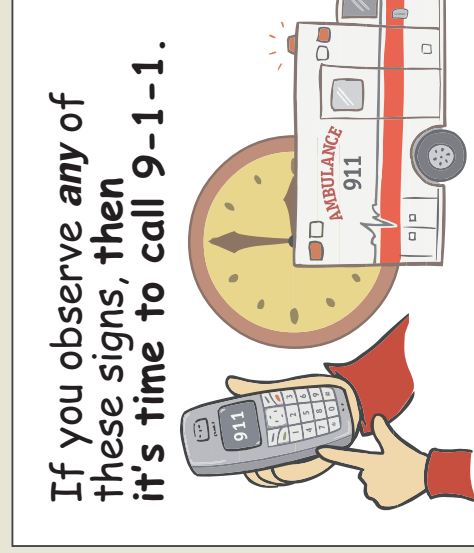
# Arm



# Speech



# Time



# Learn these signs of stroke.

**Be a hero. Save a life.**

# Call 9-1-1